Simplicity = Security Wake Up Call

Keep it as simple and analog as possible. Whenever you can, stay away from complex things that are not fully open source.
If you must communicate digitally, use Jabber. (with correct encryption)
If you can communicate by pigeon, even better.

Survival comes down to restraint.

The people who get themselves into trouble are usually chasing shortcuts. They collect gadgets, trust systems they barely understand, and mistake complexity for sophistication. Complexity has a habit of creating its own failures.

I've always believed the opposite. Strip away the unnecessary. Understand every tool you rely on. If you can't explain how something works, don't build your life around it. Simplicity is easier to reason about, easier to trust, and harder to fool yourself with.

That's not a lesson about technology. It's a lesson about discipline.

People love to imagine that success comes from having the newest thing. More often, it comes from knowing when to say, 'No, this is enough.'

That philosophy has shaped every corner of my life. Whether it was the right philosophy... well, that's a different question

For anything risky, stick to the simplest way to achieve your objective, period. Applies to online habits as to everything else really. KISS: Keep It Simple, Stupid. ☆☆☆☆☆

it all boils down to telemetry... basically the amount of data that is collected about you.
in opsec, the aim is to be as invisible as possible with your real identity.

windows and Mac is a fools game in most scenarios for DN activities. But I say that if using Linux or open source OSes is for some reason illegal in your jurisdiction then you should use MacOS as it has less telemetry and leaves less data behind for forensics. Most areas like USA, EU, UK, or Australia cannot charge or will not accuse you of a crime because of the use of Linux.

Linux leaves the least amount of evidence that LE can use for a case, even if you use something basic. Linux also has zero telemetry, it ain't pinging back a central server with information on your data usage. Microsoft does work with LE even to crack bitlocker. Windows leaves a lot of traces on you computer even more now with Copilot recording every move on you screen.